

May 2015

Centennial Hills Active Adult Center 50+

6601 N. Buffalo Drive (702) 229-1702

Monday-Friday, 8 a.m. - 6 p.m.

Pre-registration for all activities marked with a (+) begins Monday, April 20.

CLASSES

CHAAC Book Club

May Book: The Poisonwood Bible by Kingsolver

June Book: The Book of Jonas by Dau

Wednesday, May 6, 12:30 p.m., FREE

Computer Basics (+)

Tuesdays, May 5 - 19

Noon - 2 p.m., \$30

Current Events Discussion Group

This self-led, open-minded group meets the 2nd and 4th Wednesday of each month.

Wednesdays, May 13 & 27, 12:30 p.m., FREE

Digital Camera (+)

Make an appointment for your one-on-one lesson with Rich; \$10 per lesson

eBay Classes (+)

Thursdays, May 7 - 21

Noon - 2 p.m., \$30

Healthy Eating Seminar (+)

Learn how making small changes to your diet can make you feel better.

Wednesday, May 20, 12:30 p.m., FREE

Indoor Golf (+)

Mondays, May 4 - 18

9 a.m. OR 10:15 a.m., \$5

Jewelry Design Class

Thursdays, 9:30-11:30 a.m., FREE

Knitting

Wednesdays, 9 a.m., FREE

Quilting

Tuesdays, 8:30 - 11:30 a.m., FREE

Scrapbooking and Card Making

Monday, May 11, 1 p.m., FREE

Tole Painting

Wednesdays, 11:30 a.m., FREE

Anything marked with a (+) requires pre-registration, which begins Monday, April 20.

SPECIAL EVENTS

IPad with Jen (+)

Bring your IPad and learn how to use SIRI and iMessage.

Monday, May 4, 11 a.m., \$5

Fit to a T (+)

This program is designed to help you learn more about bone health, as well as the prevention, early detection, diagnosis and treatment of osteoporosis.

Tuesday, May 5, 10 a.m., FREE

May Bunco (+)

Let's play Bunco and enjoy a Monte Cristo sandwich.

Wednesday, May 6, 10 a.m. \$5

Movie - "Unbroken"

A WW II Story of survival, resilience and redemption.

Monday, May 11, 10 a.m., FREE

Trece de Mayo Luncheon (+)

Please join us for ham, Ashley's potato salad, peas & carrots and chocolate cake for dessert.

Wednesday, May 13, 11:30 a.m., \$8

"It Will Never Happen to Me" (+)

Adam is a 38 year old stroke survivor! Listen to his story and let him share a few facts about stroke and stroke prevention. Afterwards, you can ask him any question you'd like; no question is off limits, the more you know the better you can try to prevent a stroke.

Tuesday, May 19, 1 p.m., FREE

(This seminar is open to all ages)

Estate Planning & Healthcare Directives (+)

During this seminar, an attorney from the Senior Law Project will meet with seniors to educate them on basic estate planning laws, techniques to avoid probate and preparing healthcare directives.

Tuesday, May 20, 10 a.m., FREE

Explore America Breakfast (+)

Enjoy sourdough pancakes with raspberry compote while you learn fun & quirky facts about Alaska.

This breakfast has nothing to do with travel planning.

Thursday, May 21, 9 a.m., \$5

Intimacy and Empathy (+)

Dr. Biberman will discuss different strategies and methods to become more aware of and to improve your ability to be more intimate and empathic with others and with ourselves.

Tuesday, May 26, 10:30 a.m., \$5

May Bingo (+)

Play Bingo on our electronic board and enjoy a homemade snicker bar.

Thursday, May 28, 11 a.m., \$5

We'll be CLOSED May 25

The Peninsula Campaign (+) March-July 1862

Stan Kaufman will lead this 4 week
Civil War lecture.

Week one: Who is George B. McClellan and his
relationship with President Lincoln?

Week two: Yorktown and Williamsburg

Week three: Drewry's Bluff

Week four: Seven Days Battles/Second Bull Run

Fridays, May 8 - 29, 9 a.m., FREE

Introduction to the Android Operating System for Tablets (+)

The focus of this 4-week workshop will be on
the Android 5.0 Lollipop for tablets. You'll
learn to navigate the desktop, download and
install apps from the Google Play store and
use voice commands. You'll also learn about
Gmail, Google Calendar and Google Docs,
including word processing and spreadsheets.

Tuesdays, May 5 - 26, 10 a.m., \$30

Health, Wellness & Community Assistance

Loss of a Child/Grandchild Support Group

This group is specific to those that have
lost a child or grandchild.

Monday, May 11, 9 a.m., FREE

Grief & Loss Support Group

This group is for anyone who's lost a loved one.

Tuesdays, May 12 and 26, 9 a.m., FREE

Brown Bag with Walgreen's & CareMore (+)

Here's your opportunity to bring in all your
medications and speak to a pharmacist.

Tuesday, May 19, 10 a.m., FREE

Alzheimers & Dementia Support Group

Wednesday, May 20, 4 p.m., FREE

Life and Final Expenses with Medicare (+)

Lee Jordan will discuss life and final expenses.

Tuesday, May 26, 10 a.m., FREE

AARP "Smart Drive" Course (+)

Wednesday, May 27, 1-5 p.m.

\$15/AARP member or \$20/non-member

(Check only made payable to AARP)

Senior TOPS (Taking Off Pounds Sensibly)

Thursdays, 9 a.m., 1st meeting is FREE

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pre-registration, which begins
Monday, April 20.**

DAILY CARDS & GAMES

*Due to other activities,
please don't arrive more than
15 minutes prior to the start of each
game listed below.*

Bridge (Party)

Wednesdays, 2:30 p.m.

Fridays, 9:30 a.m. - 12:30 p.m.

Chinese Mah Jongg

Wednesdays, 2 p.m.

Dominos (Mexican Train/Chicken Foot)

Tuesdays, 12:30 p.m.

Duplicate Bridge

Wednesdays, 11:30 a.m. - 2:15 p.m.

Euchre

1st and 3rd Tuesdays of each month
9 a.m. - noon

Hand & Foot Canasta

Fridays, noon

Mah Jongg (National League)

Mondays and Thursdays, 12:30 p.m.

Pinochle

Mondays, 9 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

Poker

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

Rummikub

Thursdays, 1 p.m.

**All afternoon games
must END by 5:30 p.m.**

We'll be CLOSED May 25

Our annual membership fee is \$2 per year and includes access to all activities listed in this newsletter, some of which may have an additional fee. Through a partnership with the Centennial Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.



www.lasvegasparksandrec.com

